

Washington Running Club ★ Newsletter

Volume 7, Number 5

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April 1988

April Meeting Sendoff for Olympic Trials

The APRIL meeting of WRC will be held on Friday, APRIL 8, at 8:00 p.m., in the AMS Building at 1777 N. Kent St., Arlington, Va. Take Key Bridge to Rosslyn and go straight on N. Ft. Myer Dr. Turn left on 19th St. Go three blocks to AMS Building. Go to 14th floor and take spiral staircase to penthouse.

The meeting will be combined with a sendoff for WRC's nine Olympic Marathon Trials qualifiers. The Club will supply pizza and beverages, but extra donations will be welcome.

NEAR PHOTO FINISH IN MEN'S RACE HIGHLIGHTS 16TH CHERRY BLOSSOM

by WRC Newsletter Editor J.M. Walsh

The circumstances weren't quite planned, but if ever I wanted to see an exciting Cherry Blossom finish the 1987 race provided all the ingredients.

After seeing J.P. Ndayisenga lead the pack by 20 meters just past the six mile mark, when I returned to the start/finish area it was a bit surprising to hear that a group of six was sharing the lead well into the last mile. And one would usually think the early leader had given up the fight, reeled back in as the Belgian pacesetter was.

This was a special case however, and as the group of six crossed from East Potomac Park back to the West Potomac Park finish, the early leader not only remained among the contenders, but remained ready to unleash what proved to be a winning kick to beat Martyn Brewer, misidentified by the PA announcer as Art Boileau, and Jon Sinclair to the line.

There was less doubt and less excitement in the women's race for first. Shortly after the halfway mark New Zealander Anne Audain took over the top spot and steadily pulled away from defending champ Lisa Martin to win in 53:26. Martin (54:06) managed to hang on for second place.

Outstanding Local Performances

Among the women posting outstanding performances was Mary Alico (55:50). Coming off the defense of her Shamrock 8K title at Virginia Beach, she was strong enough to notch 8th in this very tough field.

Patty McGovern (57:07) and Marianne Dickerson

(57:14) both showed they possess the fitness needed for strong performances at the women's Olympic Marathon trial, running together most of the way in well-paced efforts. Yet another WRC Olympic Trials qualifier, Pam Briscoe (59:49), unleashed one of her typically strong second half performances to edge into the top 25 of the women's field. Annemarie Jutel (60:14) and Pat Bullinger (60:31) were just behind Briscoe in 26th and 27th place, respectively, and made it five Washington Running Club members among the top 30 women.

Top performance honors among the WRC men go to Jim Hage (48:51), whose 15th place finish put him ahead of Pete Pfitzinger (49:34), third last year at the NYC Marathon and defending Olympic Trials champion. Following, in 16th place, was WRC's Gerry Clapper (48:58), eight seconds slower than last year. Clapper's improvement of his 19th place finish from last year demonstrates the effect the blustery conditions had on the competitors. Marine Corps Marathon winner Jeff Scuffins (48:45), a former WRCEr, was just ahead of Hage and Clapper in 12th place.

John Doub (50:45) and Paul Jessey (51:02) also managed to crack the top thirty in the elite field.

Tom Bowmaster (51:36), Al Naylor (51:50), Phil Woodyard (52:27), and Jim Eastman (52:32) all managed to finish in the top 50, while Darryl Stewart, Steve Daniels, Rusty Moore and Joe Sullivan all bettered fifty-four minutes. Not a bad showing for the local running club.

WRC TEAMS AT APRIL RACES

The Washington Running Club expects to field teams for both the Fritzbe's 10K at George Washington Parkway 15K races in April. Jerry Merkel has agreed to serve as team coordinator for these two races.

Any WRC runners planning to compete in either of these races should contact Merkel in the evening at 525-5943. The club will take care of entry forms and fees for those competing on club teams, but deadlines are involved so please call as soon as possible.

We missed out on winning the men's team title at the Bethesda Chase because several club members failed to let anyone know they intended to compete. Hence, bums like the WRC Newsletter editor found themselves on the 'A' team. Don't let this happen again.

Among the Masters, Mary Ellen Williams was the top local women, finishing in 62:25, good for 37th overall. However, she was far behind the top woman over forty, Priscilla Welch. Welch, posted a really remarkable 55:38, placing her 7th among all the women.

Ray Velez' 54:27 was best among the WRC masters men, trailed by Ed Doheny (56:34) and Bill Wooden (58:52). In total twenty-four WRC men and three WRC women finished under one hour.

Oh, yeah. I was able to see the finish because I got tired of chasing Doheny at the six mile mark and took a Bromo.

Men: 1. J.P. Ndayisenga, 47:33; 2. Martyn Brewer, 47:35; 3. Jon Sinclair, 47:40; 4. Joe Kipsang, 47:45; 5. Art Boileau, 47:46; 6. Greg Meyer, 47:49; 7. Don Norman, 48:10; 8. Thom Hunt, 48:16; 9. Chris Fox, 48:24; 10. Steve Kogo, 48:26; 12. Jeff Scuffins, 48:45; 15. Jim Hage (WRC), 48:51; 16. Gerry Clapper (WRC), 48:58; 17. Pete Pfitzinger, 49:34; 18. John Wessels, 49:44; 24. John Doub (WRC), 50:45; 25. Rudy Robinson, 50:49; 26. Darrell General, 50:50; 27. Paul Jessey (WRC), 51:02; 32. Tom Bowmaster (WRC), 51:36; 36. Al Naylor (WRC), 51:50; 46. Phil Woodyard (WRC, formerly Reebok), 52:27; 48. Jim Eastman (WRC), 52:32; 49. Scott Celley, 52:35; Darryl Stewart (WRC), 52:38; John McGrail, 52:50; Steve Daniels (WRC), 53:20; Rusty Moore (WRC), 53:20; Joe Sullivan (WRC), 53:30; Ray Velez (WRC), 54:27; Tom Weber (NOVA), 54:50; Jerry Merkel (WRC), 56:01; Ed Doheny (WRC), 56:34; Robert Rodriguez (WRC), 57:01; Dennis Baker (WRC), 57:12; Pat Carr (WRC), 57:30; Mark Doles (WRC), 58:30; Bill Wooden (WRC), 58:52; Hugh Wooden (WRC), 59:04; Jack Coffey

Submissions for the *WRC Newsletter*, as well as diatribes against the editor should be mailed to John Walsh, 2827 28th St. N.W., #12, Washington, DC 20008.

(WRC), 59:10; Bill Larsen (WRC), 59:20; Bob Trost (WRC), 59:22; Kevin Kolakowski (WRC), 60:33; Bobby Bauer (WRC), 61:10; Chuck Desenberg (WRC), 61:22; Dick Spencer (WRC), 62:43; Ray Morrison (WRC), 62:59; Gerry Ives (WRC), 63:42; George Banker, 64:46; Tim Bevins, 68:34; Mike Walsh (Westchester C.C.), 75:48; George Cushmac (WRC), 77:50.

Women: 1. Anne Audain, 53:26; 2. Lisa Martin, 54:06; 3. Nancy Ditz, 54:19; 4. Kim Jones, 54:44; 5. Teresa Ornduff, 54:54; 6. Martha White, 55:08; 7. Priscilla Welch, 55:38; 8. Mary Alicc, 55:50; 9. Jennifer Colgrove, 55:53; 10. Maria Trujillo, 56:11; 14. Patty McGovern (WRC), 57:07; 15. Marianne Dickerson (WRC), 57:14; 22. Tracey Briggs, 59:28; 25. Pam Briccoe (WRC), 59:49; 26. Annemarie Jutel (WRC), 60:14; 27. Pat Bullinger (WRC), 60:31; 29. Betsy Bachtel, 60:53; 36. Leslie Maerki, 62:03; 37. Mary Ellen Williams (WRC), 62:25; 38. Barbara Frech, 62:40; 40. Donna Elliott (WRC), 63:01; 47. Beverly Shooshan, 64:36; Betty Blank (WRC), 67:11; Jennifer Westfall, 67:50; Chris Stockdale (WRC), 71:28; Jill Salvest (WRC), 73:15.

RINCON NAMED TO HEAD POST IN MARYLAND HARRIER PROGRAM

Special to WRC Newsletter

WRC president Dan Rincon has been selected as head coach of the University of Maryland's cross-country program beginning this fall.

Rincon, a 1975 Maryland graduate, currently serves in the same capacity at Eleanor Roosevelt High School in Greenbelt. Moving to Maryland with Coach Rincon is Roosevelt head track coach Bill Goodman, who will mentor the Terrapin cindermen and women.

Rincon and Goodman, who is also a Maryland alumnus, have won several county and regional titles during the five years they have coached together at Roosevelt, and Rincon's distaff cross-country teams have reigned as state champions.

The Maryland track and cross-country programs haven't turned many heads since Frank Costello left the program several years ago. Rincon told the *WRC Newsletter* that his goals for the program are to win the Atlantic Coast Conference championship and qualify the Maryland squad for the NCAA title meet.

In addition to his harrier responsibilities Rincon will be responsible for the distance runners during the indoor and outdoor track campaigns.

Washington Running Club

P.O. Box 32378, Calvert Station, Washington, DC 20007.

CLUB OFFICERS

President: Dan Rincon (441-9265)

Vice President: Bill Wooden (593-5528)

Secretary: Gerry Ives (320-3337)

Treasurer: Kevin Kolakowski (461-8331)

Newsletter Editor: John Walsh (462-8955)

COMMITTEES

Legal: Jim Hage, Chairman (652-6886)

Membership: Jeff Reed (836-7284)

Newsletter: John Walsh (462-8955)

Finance: Pat Carr (587-7655)

Competition: Dan Rincon, Chairman (441-9265)

Race Management: Al Naylor, Chairman (345-9342)

Social: Pat Bullinger, Chairwoman (820-2018)

OVER BETHESDA HILL AND DALE CLAPPER & McGOVERN LEAD WAY

by Newsletter Stapher 'Red' Panama

Poor planning and shallow bench strength cost WRC in its effort to defend team titles at the March 6 Bethesda Chase 20k. Gerry Clapper (1:04:50) posted his best time ever on this course while Patty McGovern (1:13:01) came within :02 of her best ever clocking, and WRC seemed well on its way to defending both the men's and women's crowns.

Clapper was ably backed up on the men's side by Tom Bowmaster (3rd), Lucious Anderson (5th), Jim Eastman (6th) and Steve Daniels (19th). Alas, Anderson was leading the club's masters team and his finish was not counted in the open scoring.

Patty McGovern didn't lack for company on the course, as clubmates Pat Carr and Dennis Baker accompanied her class act through the first half of the race.

There was little question of who was pacing whom when Congressional staffer McGovern drew away from her compatriots coming away from the Mormon Temple hills. But Carr hung tough until the final 5k where he picked up the pace to rejoin McG. and both looked very strong finishing in 1:13:01.

Meanwhile, Baker was kind enough to wait for teammate John Walsh who had lost contact with group in the first mile when an untied shoe lace forced an unscheduled stop. *What's the matter Walshie, they never tell you about double knots in upstate NY—A Friend.*

Pam Briscoe got closest among the distaff runners to 'Top Gun' McGovern, turning in a stellar 1:16:25.

Men: 1. Gerry Clapper (WRC), 1:04:50; 2. Jim O'Keefe, 1:05:27; 3. Tom Bowmaster (WRC), 1:05:51; 4. Richard Bogaty, 1:06:28; 5. Lucious Anderson (WRC), 1:06:33 (1st 40-49); 6. John Flaherty, 1:06:40; 7. Jerry Sweeney, 1:06:57; 8. Greg Coan, 1:07:03; 9. Jim Eastman (WRC), 1:07:09; 10. Richard Ferguson, 1:07:16; 11. Rusty Moore (WRC), 1:07:23; Bob Stack (WRC), 1:08:04; Steve Daniels (WRC), 1:09:18; Phil Stewart (WRC), 1:11:29; Pat Carr (WRC), 1:13:05; John Walsh (WRC), 1:13:22; Dennis Baker (WRC), 1:13:42; J.J. Wind (WRC), 1:14:42; David Johnson (WRC), 1:15:00; Bill Wooden (WRC), 1:15:52; Bill Larsen (WRC) 1:16:15; Ron Griswold (WRC), 1:17:22; Chan Robbins 1:17:22 (1st 50-59); Bobby Bauer (WRC), 1:18:31; Dick Brannon (WRC), 1:19:26; Fred Gedrich (WRC), 1:20:44; Gordon Noel (WRC), 1:21:09; David Gearin (WRC), 1:22:25; George Cushmac (WRC), 1:25:42; Dan Rincon (WRC), 1:25:57; Tris Kruger (WRC), 1:27:25; George Banker, 1:36:13; Thomas Rogde (WRC), 1:28:26; James Scarborough (WRC), 1:29:38;

Women: 1. Patty McGovern (WRC), 1:13:05; 2. Pam Briscoe (WRC), 1:16:39; 3. Kathy Stiles, 1:19:09; 4. Louise Kandra, 1:19:25; 5. Cynthia Raley, 1:23:31; Jennifer Westfall, 1:24:52; Donna Elliott (WRC),

1:25:47; Bernie Creed (WRC), 1:30:40; Chris Stockdale (WRC), 1:31:28; Joanne Mallet (WRC), 1:36:38.

WIND SPOILS TIMES, NOT COMPETITION; GIRARD-EBERLE WINS LADY EQUITABLE

From Wired Service Reports

A chill northwest wind dashed any hopes for posting fast early season times, but failed to cool the competition at Baltimore's annual Lady Equitable 10K, March 20. The breeze, which pushed the all-women field through the first half of the downtown, out-and-back course turned torturous when the runners headed back to the Inner Harbor from Fort McHenry.

WRC-Avia Suzanne Girard-Eberle (35:23) shared the early lead with Eleanor Simonsick as the pair led the pack by twenty meters through the one mile split. Well placed in that pack and ready to pounce when the opportunity arose were WRCers Patty McGovern, Karin Wagner-Hammond, Pat Bullinger, and Donna Elliot.

With the wind at their backs Girard-Eberle and Simonsick remained together until the course curved closer to the water and the gusts began to come from across their shoulders rather than behind. At this point, just short of entering Fort McHenry, Simonsick began to falter and McGovern, along with Midwesterner Cindy James, made a break from the rest of the pursuers.

Turning back toward the finish, Girard-Eberle showed the strength that has earned her positions on several U.S. national squads. She pulled quickly away from Simonsick while maintaining a margin of several hundred meters over McGovern and James, who were pushing one another in an effort to narrow the gap. While unable to close on the leader, neither could one establish an edge over the other, and only in the last several strides was Patty McG. (36:04) able to pull away from James for a two second margin. *And for years she has complained of having no speed—ed.*

Somewhat back of the battle for runner-up honors Karin Wagner-Hammond (36:19) was showing that her commitment to the ministry hasn't diminished her athletic ability. Moving very strongly into the wind she relegated the strong starting, but fast fading Simonsick (36:44) to 5th place.

Also giving good accountings were WRCers Pat Bullinger (9th), Louise Mallet (39:41) in 18th place, Donna Elliot (19th), and Bernie Creed (43:26) who finished 65th.

Pat B. (37:35) would like to have run a bit quicker, but as her coach, WRC prez Dan Rincon, points out, Bullinger's 9th place finish was against a very strong field — the top five are all Olympic Trials qualifiers in at least one event — and her training won't have her peaking until later in the spring.

More good performances are expected from Ms. Elliot (39:56) who has just recently come under

Rincon's tutelage. Their emphasis in the near term will be on building a base before turning to a race emphasis later in the year.

Top masters honors were won by Arlington's Cindy Dalrymple (40:16) with WRC's Beverly Shooshan (40:30) just behind the winner.

Results: 1. Suzanne Girard-Eberle (WRC/Avia), 35:23; 2. Patty McGovern (WRC), 36:04; 3. Cindy James, 36:06; 4. Karin Wagner-Hammond (WRC), 36:19; 5. Eleanor Simonsick, 36:44; 9. Pat Bullinger (WRC), 37:35; 10. Marge Rosasco, 37:38; 13. Betsy Bachtel, 38:22; 14. Sue Crowe, 38:28; 17. Louise Kandra, 39:17; 19. Louise Mallet (WRC), 39:41; 21. Donna Elliot (WRC), 39:56; 25. Cindy Dalrymple, 40:16; 29. Beverly Shooshan (WRC), 40:30; 32. Carolyn Ulrich (WRC), 41:08; 65. Bernie Flynn-Creed (WRC), 43:26.

CLUB NOTES

Kevin McGarry is back in town and will be trying to overcome a nagging calf injury that has kept him out of competition for the past six months. He's hoping that a regimen of whirlpool baths and new orthotics will help him overcome the problem.

Keep your eyes on WRC's **Steve Spence** at the Olympic Marathon Trials. Steve won the River Run 15K in 43:20, the 4th fastest winning time at this race, registering the first win for an American since 1981. Steve earned \$8,000 in prize money as did female division winner Lynn Jennings who won in 50:02. This is the second race of the year where Steve has bested Mark Curp, a Marathon Trials favorite.

Long-time Club members will remember that this is not the first time WRC has registered a win at this race, WRC's Jenny White won the women's title in the late 70s. Other finishers of note were: Mark Curp 43:53; Joe Kipsang 44:03 (8th); Keith Brantly 44:09 (9th); Mike Hurd 46:24 (winning master); Mary Alico 51:28 (8th woman); Gabrielle Anderson 55:26 (1st woman master); and Bob Trost 55:36.

This month DCRRC will present its annual awards. Don't be surprised if WRCers are prominent among the winners. We will announce the winners next month.

Keep your eye on the bookstores over the next several weeks. **Pete Nye's** long-awaited magnum opus *Hearts Of Lions*, a history of American bicycle racing, should be out shortly.

Rumor has it the **Count Baker** plunked down

\$800 for a new cape while in the Big Apple for his birthday. Given the infrequency with which the 'Prince of Georgetown' has appeared on the running circuit lately his new cloak should last quite a long while.

The Virginia Beach 8K, run in conjunction with the Virginia Beach Marathon, was the scene of a some fine performances by WRCers: **Mary Ellen Williams** took home \$400 in prize money as first woman master in 29:23; **Rusty Moore** nailed down 30th place overall with a 24:57; and **Ray Velez** was fourth master overall in 25:40.

Club Uniforms

Singlets	\$ 11.00
Shorts	11.00
Club T-shirts	6.50
Postage and Handling	3.00

Make check payable to the Washington Running Club and send to: Washington Running Club, c/o Pat Carr, 2240 Washington Ave. #101A, Silver Spring, MD 20910. Indicate sizes (S,M,L,XL) and whether men's or women's model.

BARGAINS FOR WRC MEMBERS AT LOCAL RETAIL GOODS STORES

Fairfax Running Center, Alexandria store in Old Towne on the Strand, off Union St. (Tel. 549-7688) and Jermantown Shopping Center at 11208 Lee Hwy. in Fairfax City (Tel. 691-8664). Discount of 10% on shoes and clothing.

College Park Bicycle, 4360 Knox Rd., College Park (864-2211). Discount of 5-15% on shoes and clothing. Must have newsletter for identification. Ask for Larry Black.

Decorative Rugs & Carpets, 3230 Duke St., Alexandria (751-4110). Discount of 10% or more on floor coverings. Store is run by WRCers Ron and Candy Ponchak.

Racquet and Jog, International Square at 19th & K. Discount of 10% with cash or check only. No discount for shoes on sale.

Fleet Feet, 1840 Columbia Rd., N.W. Discount of 10% percent on clothing and shoes.

J. Lynn & Co., Endurance Sports, 19th & I St., N.W. (223-0310). Discount of 10% on clothing and shoes.

Bikes Plus, 308 Compton Ave., Laurel, Md. 20707 (776-9494). Triathlon and running gear. Discount of 15% on all non-sale items. Ask for George Whetzel. □

GROUP RUNS

Tuesday Night Run, Fairfax Running Center, Alexandria, 6:30 p.m. Group runs from 6-10 miles along the bike path next to the Parkway. 6:00-9:00 pace. **Contact:** Betty Sue O'Brien at 549-7688.

Wednesday Night Intervals, TJ Community Center, Arlington, 6:45 p.m. Through February. **Contact:** J.J. Wind at 920-5193/841-6974.

Saturday Morning Run, TJ Community Center, Arlington, 8:00 a.m. Fun Run on an interesting five mile course, includes interesting company.

Sunday Morning Run, 34th and M St., N.W., 8:00 a.m. Over hill and dale the kids hit the trail at 6:00-7:00 pace while tossing brickbats at one another.

Training/Coaching Advice—by arrangement: Dan Rincon w] 454-4861 or evenings h] 441-9265.

WASHINGTON RUNNING CLUB MEMBERSHIP APPLICATION

\$15 Individual Membership

\$20 Family Membership

Name _____ Date of Birth _____

Address _____

Phone h] _____ w] _____ Is This a Renewal Membership? (yes) _____ (no) _____

It would be helpful if you could fill out the information below to enable us to put together teams.

Best Times in 1987

10K _____ 10 Miles _____ Marathon _____ Other _____

Lifetime PRs

10K _____ 10 Miles _____ Marathon _____ Other _____

FAMILY MEMBERS

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Make check payable to WASHINGTON RUNNING CLUB and send to:
Gerry Ives, 7817 Tomlinson Ave., Cabin John, MD 20818

If you need more information contact Gerry Ives at 320-3337

The following is the PVAC Long Distance Race Schedule for the upcoming months. The schedule was supplied to Washington Running Club by Herb Chisholm, Chairman LDR, PVAC.

If you need further information contact the Running Club or sponsoring organizations. AS—Annapolis Striders (301) 268-1165; BRRC—Baltimore Road Runners (301) 882-0438; CS—Cecil Striders (301) 398-0438; DCRRRC—DC Road Runners (703) 548-4229; FIJC—Federal Interagency Jogging Council (202) 586-9369; FSC—Frederick Steeple Chasers (301) 662-4500; HRFCC—Hagerstown Run for Fun Club (301) 797-3798; HCS—Howard County Striders (301) 964-1998; MCRRC—Montgomery County Road Runners (301) 949-9227; PGRC—Prince Georges Running Club (301) 527-8609; PVSTC—Potomac Valley Seniors Track Club (703) 370-5646; PWRC—Prince William Running Club (703) 752-1316; QCS—Queen City Striders (301) 722-6035; RASAC—Renaissance Allsports AC (301) 836-1784; RR—Reston Runners (703) 476-0007; RunHers—Washington RunHers Unlimited (703) 425-6163; WRC—Washington Running Club (202) 452-4242; WRRRC—Westminster Road Runners (301) 876-7127.

APRIL

Date	Day	Dist.	Race Name	Location	Sponsor/Contact
27	SA	5M	Building Browne	Alexandria, VA	703/960-3000
2	SA	13.1M	Marathon Tuneup	Great Falls, MD	MCRRC
2	SA	8K	Easter Classic	Greenbelt, MD	PVSTC
9	SA	15K	DCRRRC Championship	Belle Haven Pk., VA	DCRRRC 548-4229
9	SA	5K	Track Run	West. Md. Coll., MD	WRRRC
9	SA	10K	NVCC Run	Wakefield Pk., VA	301/323-2147
10	SU	10K	Centennial 10K	Glen Burnie, MD	301/882-5455
10	SU	10K	Cherry Blossom Chaser	W. Potomac Park	301-728-6455
10	SU	10K	Potomac Run	Potomac, MD	703-644-2959
16	SA	10K	Rites of Spring	Triangle, VA	PWRC
16	SA	10K	Run For Youth	W. Potomac Park	202/727-4527
17	SU	10K	Fritzbe's 10K	Rockville, MD	MCRRC
17	SU	10K	Frat. Order of Police	Washington, DC	202/347-2508
20	WE	6/3K	Bureaucratic Runaround	Jeff. Memorial	FIJC
23	SA	10K	Bruin Band Aid Run	Burke Lake Pk., VA	703/455-2791
23	SA	8K	MADD Fest	Laurel, MD	301/498-0074
23	SA	10K	Prevention of Blindness	E. Potomac Pk.	202/234-1010
23?	SA	10K	Raider Run	Falls Church, VA	703/256-6574
23?	SA	10K	YWCA Run	Annapolis MD	301-647-1500
24	SU	8M	Hydes Rd.—Wt/Age Class	Baltimore, MD	BRRC
24	SU	15K	GW Parkway Classic	Mt. Vernon, VA	703/780-3037
27	WE	1M	Main Street Mile	Westminster, MD	WRRRC
30	SA	12K	RRC Challenge	Rock Creek Park	DCRRRC/MCRRC
30?	SA	5M	Run for Children	Alexandria, VA	703/838-0786
30	SA	2M	Track Run	Annapolis, MD	AS
30	SA	5K	Bel Air Town Run	Bel Air, MD	301/879-6410
30	SA	5K	DC Dash	Haines Point	202/463-7210

Races of Interest Outside PVAC Area (April)

9?	SA	50M	Massanutten Mt. Massacre	Detrick, VA	703/533-7546
3	SU	50M	TAC Nat. Mstrs. Chmp.	Columbus, OH	
10	SU	13.1M	Amish Country ½-Mar.	Lancaster, PA	717/397-3744
16	SA	10M	Charlottesville 10M	Charlottesville, VA	804/293-3367
16	SA	10K	Fodderstock 10K	Flint Hill, VA	703/987-8758
18	MO	26.2M	Boston Marathon	Hopkinton, MA	617/435-6905
24	SU	8K	TAC Men's Nat. Chmp.	Portland, OR	503/220-2575
24	SU	26.2M	TAC Men's Nat. Chmp.	Jersey City, NJ	201-432-5530

MAY

Date	Day	Dist.	Race Name	Location	Sponsor/Contact
1	SU	10K	Capitol Hill Classic	Capitol Hill	202/547-1149
1?	SU	10K	Patriot's Cup	George Mason U.	703/780-3037

1	SU	10K	May Day	Lake Ridge, VA	643-2090
1	SU	10K	Clyde's American	Columbia, MD	HCS
1	SU	8K	Trumbule Memorial	Hyattsville, MD	301/927-1689
1	SU	10K	Springfield Rotary	Springfield, VA	703/658-8800
1	SU	10K	Byron Memorial	Emmitsburg, MD	301/447-6122
7	SA	10K	Crystal City/Army	Crystal City, VA	703/527-3010
7	SA	12.2M	Navy Relief Relay	Quantico, VA	703/640-2404
7	SA	10K	Castle Canter	Ft. Belvoir, VA	703/664-3571
7	SA	8K	Uptown Race	Washington, DC	202/244-0808
7	SA	10K	Sandy Spring 10K	Sandy Spring, MD	301/774-7456
7	SA	10K	Marlboro Country Run	Upper Marlboro, MD	301/627-1491
7	SA	10K	SADD 10K	Burke Lake Pk., VA	703/978-5905
7	SA	10K	Run Against Cancer	Bowie, MD	301/464-0516
7	SA	10K	Children's Hospital	Potomac, MD	301/299-5751
7	SA	5M	Johnny Boy Simms	Annapolis, MD	301/263-6534
7	SA	8K	Calvert Classic	College Pk., MD	PGRC
8	SU	8K	8K Stampede	Baltimore, MD	301/882-5455
8	SU	10K	Bonne Belle (Women)	W. Potomac Pk.	RunHers
11	WE	10K	DCRRC 10K	Bluemont Pk., VA	DCRRC
14	SA	15/10/5K	Metric Triple	Germantown, MD	MCRRC
14	SA	5K	Potomac Fest	Oxon Hill, MD	301/894-2300
14	SA	5K	Mt. Vernon Hospital	Alexandria, VA	703/664-7102
14	SA	10K	Rock Creek Pk. 10K	Rock Creek Pk., DC	202-585-4620
14	SA	10K	4-Leaf Clover Run	Frederick, MD	FSC